



EXERCISE PRESCRIPTION

The integrated panel printer outputs the following report, which is generated immediately after exercise .

COVOX Analyzer EXERCISE CAPACITY TEST

5 May 2005
John Smith
Sex **M**
Age **19**
Weight **65kg**
Height **173cm**

OXYGEN CONSUMPTION

This was a Maximal assessment
Giving a PEAK value of
3.72 litres or **59 ml/kg/min**

Your ASTRAND CLASSIFICATION of
Cardiovascular Fitness is **HIGH**

CARDIOVASCULAR EXERCISE PRESCRIPTION (300 Kcals)

CAUTION

*This prescription assumes that you are not
Suffering from injury or medical condition.*

Training HR **Intensity** b/min **176 - 188**
Energy expenditure Kcal/min **9 - 12**
Training Exercise **Duration** mins **29** Plus
warm up 5 minutes Plus warm down 5
minutes.

Frequency aim for 3 - sessions per
week **DO NOT OVERTRAIN**

PREPARATION

*Drink plenty of fluid before, during and after
exercise. A high energy drink will help maintain
the level of blood glucose.*

The following classification of cardiovascular fitness is not included in the printout, however the values are used in the report.

ASTRAND CLASSIFICATION OF CARDIOVASCULAR FITNESS
Adjusted for age and sex by Hodgson

	Poor	Low	Average	Good	High
Males					
15 - 30	<39	39 - 43	44 - 51	52 - 56	>56
31 - 40	<35	35 - 39	40 - 46	47 - 51	>51
41 - 50	<31	31 - 35	36 - 41	42 - 46	>46
51 - 60	<26	26 - 31	32 - 38	39 - 42	>42
61 - 70	<24	24 - 26	27 - 33	34 - 38	>38
Females					
15 - 30	<29	29 - 34	35 - 43	44 - 48	>48
31 - 40	<26	26 - 31	32 - 39	40 - 44	>44
41 - 50	<25	25 - 30	31 - 37	38 - 41	>41
51 - 60	<22	22 - 26	27 - 34	35 - 40	>40
61 - 70	<20	20 - 23	24 - 30	31 - 37	>37